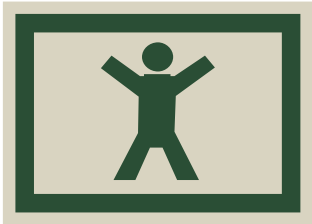


Name: _____



Requirements					Passed	
1. After a ten-minute warm up, complete the following endurance and stamina exercises in the given time for your age.						
AGE	11		12		13	
	Male	Female	Male	Female	Male	Female
Merit	5 m 20 s	5 m 25 s	5 m 10 s	5 m 15 s	5 m 00 s	5 m 05 s
Standard	6 m 00 s	6 m 05 s	5 m 50 s	5 m 55 s	5 m 40 s	5 m 45 s
a) 12 Front lying, trunk raises (hypers) - Over a bench or other support. Hand position as for curlups. Stop at horizontal position.						
b) 20 Curlups (sit-ups) - Partner grasps ankles, legs must be bent to 90°, fingers locked behind neck, chin off chest, elbows must touch knees, head must return to the floor each time. Incorrect curlup does not count.						
c) 22 Pushups - Chest must touch clenched fist of partner. Incorrect pushup does not count.						
d) 20 Biceps curls - Standing in half squat position lifting 10% of body mass (sandbags).						
e) 20 Vertical jumps - to reach a point 25 cm above arm's length.						
f) 20 Lateral arm raises - Standing in half squat position lifting 10% of body mass (sandbags). Lift elbows laterally to 90°.						
g) 5 square shuttle runs - Mark out a square of 5 metres along each side. Each completed circuit counts as one.						
h) 5 Shuttle runs of 25 metres - Place two beacons 25 m apart. Each turn around a beacon counts as one.						
2. Discuss the importance of individual sports (tennis, squash, golf etc) in keeping yourself physically fit in later life. Play at least one individual sport.						
3. Participate in an outdoor cross-country race of at least 3 km in length.						
4. Achieve the given standard for your age group in the following activities:						
AGE	11		12		13	
	Male	Female	Male	Female	Male	Female
50 METRE SPRINT (time in seconds to nearest tenth of a second)						
Merit	8,69 s	9,21 s	8,56 s	9,10 s	8,22 s	8,75 s
Standard	9,44 s	10,0 s	9,17 s	9,75 s	8.93 s	9,51 s
800 METRE RUNS (time in minutes and seconds)						
Merit	2m47s	2m57s	2m42s	2m53s	2m31s	2m48s
Standard	2m53s	3m11s	2m48s	3m06s	2m44s	3m02s

